



**Gastrointestinal Health: The Proven Nutritional Program to Prevent, Cure, or Alleviate Irritable Bowel Syndrome (IBS), Ulcers, Gas, Constipation, Heartburn, and Many Other Digestive Disorders, Third Edition**

*Steven R., M.D. Peikin*

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Do you suffer from heartburn? Is an ulcer bothering you? Are the difficult symptoms of irritable bowel syndrome compromising your life? If so, you are not alone. You are that one out of every three Americans that suffers from chronic digestive problems.

Whether it's constipation, diarrhea, gas, hemorrhoids, ulcers, heartburn, colitis, gallstones, or one of the many other digestive tract problems, Dr. Steven Peikin's self-help nutritional program will help keep you out of the doctor's office—and feeling great.

Based on the latest research and his own clinical experience, Dr. Peikin prescribes a healthy diet high in fiber and low in fat, spices, lactose, and caffeine. He provides a detailed list of "flag foods" to avoid in the case of specific problems; shows you how to use exercise, over-the-counter drugs, prescription drugs, and stress management to complement the program; and offers advice for coordinating the program with weight loss (or weight gain), working with medical professionals, and measuring progress.

"Highly recommended for its thorough coverage, sound advice, and healthy suggestions,"\* *Gastrointestinal Health*—now revised and updated with the latest information on new drugs and research—is everything you need to know to find fast relief from a wide range of gastrointestinal difficulties.

Library Journal

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